

#### ABSTRACT OF THE DISCLOSURE

The invention relates to a muscle strength measuring method and device. The inventive device includes a lower support base (1) on which a patient (2) stands with his/her weight bearing on the plantar surface of the foot/feet. An upper vertically-movable support bracket (5) rests vertically on the head (7) of the patient (2). A position sensor (12) is used to measure the vertical position of the upper support bracket (5) while a lift force sensor (13) is used to measure the lift force applied by the head (7) of the patient (2) against the upper support bracket (5). Plantar support sensors (4a, 4b) are used to monitor the plantar force exerted by the patient (2) on the lower support base (1). The patient tends to grow in height through the use of the short, deep back muscles and the device can be used to measure the effects of self stretching in terms of ranges of values and forces.